THEPAPER

0

So we stand here on the edge of hell in Harlem and look out on the world and wonder what we're gonna de in the face of what we remember.

-Langston Hughes

Vol. 45 No. 1

Tuesday, January 25, 1977

A New Twist To Registration

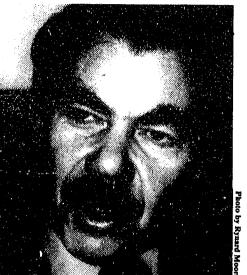
by Beverly A. Smith

Registration, due to the imposition of tuition last semester, was a very frustrating and confusing ordeal for all students that participated in the process. This week registration for the spring semester begins; only this time with a new twist.

According to Morton F. Kaplon, Acting Vice President for Administrative Affairs, a committee was formed about six months ago, and they were able to place the students into two main categories for registration, making the paying process move easier and faster than last term.

"The process of picking up the student packets and picking up course cards in Mahoney Gym, will be the same, but the process for students paying their bills will be set up in the different categories," Kaplon explained.

The first category consists of fifty per cent of the students having to pay no money at registration. "These students will be sent to the zero sum cashier, on the lobby level of the Science Building, where hopefully there'll be little or no waiting," Kaplon stated.



Morton Kaplon, Acting Vice Pres. for Administrative Affairs.

The second consists of students that have to pay a sum and are able to pay their balance by cash, check, or deferrment of some kind. These students are to pay their bills in the library where there'll be a sufficient amount of cashiers to carry the student load.

There is a third category that is broken into two parts. The first, the committee calls "paper people". "Paper people are those students that have a variety of papers from external agencies other than TAP, CAP, or BEOG, to help pay their tuition," explained Kaplon. Students who are "paper people" have to get their papers processed in J-2 before they can proceed to the cashier.

The remaining students are those that received what is called a "finite bill". Students who have the finite bills are those who are unable by any means to pay the fees designated on their bill. The registration process for these students will be somewhat longer because they have to get estimated deferrment bills made up while they wait, and this will take some time.

All workers at registration will wear crew hats to further ease any confusion at registration. The hats will make it easier for students to spot persons in charge. Also, "buck sheets" will be distributed explaining to students why they are going from one area to the next, and a helpful map sheet will also be available.

The new twist to registration, according to Provost Kaplon is due to a small steering committee within a larger committee. "Professor Donna Morgan, head of the Office of Institutional Research; Fred Kogut, assistant to Dean Ann Rees, and Mr. Adler of the Confrontation Center, have been dealing with registration for the past six months," stated Kaplon and he concluded by saying, "1 know there's always some little thing that can foul up a process, but hopefully this system will be a success."

"Poetry ...In Motion"

See pp. 4-5 Inside

Job Hunting For College Grads

by Angela Henderson

It used to be that having a college degree guaranteed a student employment. Today, having a college degree is no longer a sure ticket to a "good" job.

According to Ed Evans, assistant to the Vice Provost of Student Affairs at City College, college students are "naive" about the working world. He feels that they do not know what "alternatives are available to them".

Mr. Evans explained that many students are only aware of jobs through job titles, which, he said, are often "misleading." He said that there are many jobs available that don't have specific job titles.

As an example, he pointed out hat hospitals have many types of jobs available, yet when people think of a hospital the only kinds of jobs that come to mind are those of doctors and nurses. But there are many types of jobs that contribute to running a hospital. "There are 40 per cent more college grads than are jobs that require college training," Mr. Evans said. College provides students with a "broader view of the world . . . communications skills, judgment skills, analytical skills," but a liberal arts degree does not prepare a student for a specific job. Since most liberal arts students are not trained for a specific job, they must be able to sell themselves to a prospective employer. They must show an employer that they would be an asset to his company.

Mr: Evans said that many graduates go to prospective employers with the attitude: "I am a college graduate. Now what can you do for me?"

Before going on a job interview, students should find out as much as they can about a company (trade journals and annual reports are good sources). Students should show an employer that they can offer something to the firm. After all, the company invests time and money in a new employee and they are taking a chance when they hire someone.

Many college students have not decided what type of career they want. Mr. Evans suggests that these students find out about different fields. The Occupational Outlook Handbook, which can be found in any library, is helpful. The handbook is an index of all types of jobs available. It includes job descriptions, job titles and the names and addresses of professional organizations to write to for more information.



According to a member of the Business Alumni Society, the student must be able to articulate and communicate his abilities and strengths. He must be able to verbalize the skills that he wants to use. The job seeker must be able to distinguish himself from all those people who are looking for the same job.

A "functional resume" is necessary for graduates who don't have much employment experience. A "functional resume" lists a student's extracurricular activities; whether volunteer, salaried, community service or school oriented. In volunteer, salaried, school or community services, organizational, administrative and

Meeting people in different fields, or, as the City College Business Alumni Society calls them, "informational interviews," are useful.

The Business Alumni Society suggests that a student call someone in the field that they are interested in and ask for an interview explaining that they would like to know more about that field. The "informational interview" is an excellent learning experience, and it affords an opportunity to

Ed Evans, Assistant to Vice Provost of Student Affairs

meet people in the business world. c Thorough research is necessary a in order to find a job. (But college C students don't know how to go E about finding out about their prospective fields. Mr. Evans said d that if a professor asked his students to write a fifteen-page s paper on the Hungarian ti Revolution, they would know how o to get the information; but students don't know how to go about researching the job market. p

Besides the Occupational Outlook Handbook, some other materials that are helpful are: The Yellow Pages and The College Placement Annual, which lists thousands of employers seeking Provost of Student Affairs college graduates (This costs \$5.00 and can be obtained from The College Placement Annual, P.O. Box 2263, Bethlehem, PA 18001). Once a student has narrowed down his career options and knows which companies to contact, he should try to find out the name and title of the person who is in charge of his area of interest and who does the hiring.

The personnel office is the last place a student seeking employment should go to. The job of the personnel director is to weed out as many people as possible and a student's resume will be put on file or, in some cases, thrown away. A job seeker must get in to see the right person and sell himself. communicative skills are utilized. These skills are important in the business world.

Mr. Evans estimates that the unemployment rate for college graduates in New York and California is about 5 per cent (and about 3 per cent for the rest of the country). He said that students probably have a better chance of finding a job outside of New York. "Everyone wants to come to the 'Big Apple'."

Job hunting for the liberal arts college graduate is very difficult. It can be a demoralizing and depressing experience when nothing turns up. But finding a job is not impossible. Being aware of the job market and the business world is important. A college graduate must know about his field and be able to sell himself. Page 2

THE PAPER

College's budget.

per cent).

cut.

more?

According to the Office of the

University Faculty Senate, the

overall student/faculty ratio now

stands at 25 to 1 (an increase of 25

Past budget cuts have reduced

the college faculty and staff,

Various college services such as

maintenance have been reduced.

The cuts have reduced academic

programs. There are less courses

offered and the library hours were

City College has retrenched itself

to the bone. With a possible

twenty-five per cent budget

reduction out of an already tight

financial situation, can City

College afford to cut back any

No Spring Retrenchment

Newsbriefs

There will be no budget cuts during the Spring, 1977 term; but the budget for the Fall, 1977 semester is uncertain.

According to Gérald Kauvar, Dean and Assistant to the President of City College, the September 1977 budget is not known at this time.

The college's budget will not be known until the Mayor announces the city's final budget at the end of the fiscal year this coming June.

The proposed state and city funding of the City University system is \$120 million short of what the university asked for. About \$12 million or twenty-five per cent of that amount is City



Theatre

The American Stanislavski Theatre will open its 7th season with John Osborne's modern classic "Look Back in Anger". Osborne's compelling book at rebellious youth will open on January 21 at the Greenwich Mews Theatre, 141 West 13th Street. It will run through February 20th.

The American Stanislavski Theatre is a nonprofit repertory company devoted to developing a permanent theatre ensemble in the United States.

AST's 1977 season will include other productions: Tennessee Williams's' "A Streetcar Named Desire", an evening of Chekhov one act comedies "The Boor," "The Anniversary", and "The Marriage Proposal" and Aleksie Arbuzov's ",y Poor Marat".

Performances are Friday through Sunday evenings at 7:30, with a Sunday matinee at 3:00 P.M. Students may purchase discount tickets to all performances.

Group rates apply, and the



Gerald Kauvar

You Missed It



Admissions Program

Special

City College is now accepting applications for its Special Admissions Program under which qualified students are admitted to college upon completion of only three years of high school. The deadline for filing applications is March 1.

The students will enter next September as regular matriculated freshmen. Acceptance will be based upon demonstrated academic achievement and potential during the first five terms of secondary school.

The program is open to any student attending an accredited public or private secondary school, enrolled in the second half of his or her junior year during the spring 1977 semester.

Applications may be obtained from high school guidance counselors or by writing to or calling the Director, Special High School Admissions Program, Shephard 135A, City College, 138th Street and Convent Avenue, New York, N.Y. 10031; telephone 690-5454.

The Spirit Of The Team

by Khadijah Triggs

City College's cheerleading team has come to be one of the most unrecognized teams within the school. Recognition is given, of course, to the basketball varsity team, but the girls, who actually nourish these athletes with spirt and inspiration, remain hidden in shadows of neglect.

Joan Scott, one of the cheerleaders, along with some of the other members, would like to change the image that people have of them as being insignificant. According to Ms. Scott, the purpose of a cheerleading team is to boost their team up, and give the team spirit to win the game. "They are not just a bunch of screaming girls with short dresses and nice legs," she said. "A cheerleader must practice four times a week, so when they get out on that floor they can look their best," Ms. Scott continued. As a result of this practice, whether the team wins or loses

subscription pass of 4 plays for \$10.00. For reservations call 755-5120 or 243-6800 (evening box office).

Science Library Closed

During registration week, January 24-28, the Science Library will be used for registration. Members of the Library staff will be at work in the Science Library during this time and may be contacted on extensions 690-8246 or 690-8244 for information regarding the Library.



WCCR Fashion Show Disco

by Theresa Saltus

For those of you who missed the fashion extravaganza which took place on Friday, December 17th, in the Finley Grand Ballroom, 1 can only say that you missed a show stopper. The disco-fashion event was a 'Clear Day Production' produced and directed by Omar Ahmed, a D.J. from WCCR. But for those of you who missed this dynamic show, here is some good news. Omar will be looking for new people for the Spring Show rehearsal starting the second week in January. The Spring Show will be scheduled for sometime in mid-March and if any of the models who starred in the first show participates it's bound to be sensational. the girls cheer until the end.

Another problem which gnaws at the spiritual endurance of this organization is the continuing fiscal crisis. The cheerleaders, not just being dedicated to their team at home, would like to show their loyalty by following the team to alien turf also. Games being played outside of New York are as important as those played at home. According to Joan Scott, the squad had to take money out of their own pockets to attend a game played in Youngstown, Ohio. The game took place the weekend before Christmas, which meant that the girls had to use some of their gift money to attend. Even though City College lost the game, the girls were still glad they could be there.

Also, cheerleaders have often been stereotyped as being females only, but there are indeed a few male members on the cheerleading team. Rouky Martin, one of the male cheerleaders said, "There are five male (Continued on Page 3)

January 25, 1977

Cooperative Education: A Learning and Working Experience by Carmen A. Bell

For so long students have often remarked on the lack of relevance to courses offered with their perspective fields. Cooperative Education, a program at City College since 1971, offers a viable and flexible supplement.

Cooperative Education is a program designed to introduce students to practical knowledge of their particular fields through paid field work. Participating students are committed to a minimum of two non-consecutive semesters of full-time work, only one of which may be a summer. The program is open to all undergraduate students, except freshmen and seniors, regardless of their particular fields of interest.

According to Ed Evans, current coordinator of Co-Op Ed and Assistant to the Vice Provost of Student Affairs, Co-Op Ed has had a reasonable amount of success. Approximately 400 students have been placed since its initial inception. In 1975, out of 18 graduates of the program, 14 continued to work with their employers.

On a national scale, Co-Op Ed has spread across the country. There are now 900 institutions actively participating since its genesis in 1906 at the University of Cincinnati by Herman Schneider, professor and later Dean of the School of Engineering at the University. Professor Schneider worked on the premise that students could not possibly learn all they needed to know about a particular field in



Rita Liegner **Coordinator Cooperative Education** the classroom.

At City, curricular planning is closely associated with Co-Op Ed. While in college, students are usually steered toward those courses that will prepare them for graduate school, "We prepare them (students) for a world we never let them see," says Evans. Students are thus able, through Co-Op Ed, to gain valuable work experience. The purposes of the program requires that students learn how to put together a resume. They must research all organizations which they've expressed an interest in, prepare for an interview and develop five objectives they hope to obtain as a result of being a part of Co-Op Ed. Stating realistic and workable goals is never an easy task and this is no exception because to list earning money or gaining experience as two of the five objectives is not acceptable. Students are thus forced to examine their goals and career hopes. honestly and objectively.

Asked for an honest appraisal of the success of Co-Op Ed, Evans responded by saying that the continued growth of the program and those students who have completed it to their benefit is a plus. Evans also pointed out that there are still those students who do not fully appreciate the benefits of the program.

Rita Liegner, of the office of Career Counseling and Placement, is expected to assume the responsibilities as coordinator of the Cooperative Education program at the end of Spring, 1977, semester.

There are plans to consolidate all student work programs such as Co-Op Ed, Work Study and volunteer work opportunities, under a new title — Experimental Educational Program. A field office for the volunteer action corps of the mayor's office is also a desired objective.

Ms. Liegner will be responsible for the administration and further development of the aforementioned programs. She echoed the thoughts of Evans by emphasizing the experience to be gained by participation in Co-Op Ed, considering the tight job market and the fact that not all graduates go on to graduate school. Co-Op Ed, according to Liegner, is instrumental in the development of those skills necessary to any successful career (for example, decision-making, problem-solving and communication). One is able to relate his or her own educational objectives to the realities of actually working in a particular field.

Liegner hopes to expand the program and would like to see more faculty interest and encouragement. There will be new job opportunities, among them is an opening for eighty students with the National Park Service for the summer and fall of 1977, and again in the spring and summer of 1978.

Those persons interested in the program should contact Ed Evans in Finley 104 or Rita Liegner in Finley 423.

Late Orders Equal

Late Books

by William L. Ballinger

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When spring classes begin, City College students may not be able to purchase textbooks for their classes at the City College Store. Mr. Carmine Monaco, the store's manager explained how this may have occurred.

The City College Store sent out letters to the various college departments last October 13, notifying them that the store was accepting book orders and the deadline was November 15. The store had to send out reminders on December 1 because they had not received any responses to their first letter.

By Jan. 5 Mr. Monaco received a 75% response from his letters and phone calls.

a response to see if the book is still wanted. The problem gets worse as the first day of classes gets nearer, especially during intersession when many faculty go away for vacation and can't be reached.

The students, bookstore workers, and the bookstore's revenue suffer because of late book orders. The students suffer because they don't get all their books. The workers suffer when they work 12 -hour shifts during registration period to get the store ready for sales. The store's revenue suffers because it is reduced by the sales it might have made and the store has to pay freight for books it wants to return (if the publisher allows returns, said Mr Monaco.

Volume 45 No. 1

The Paper

January 24, 1977

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Faculty Advisor: Ernest B. Boynton

BOOK EXCHANGE Did you spend \$30 or \$40 on books last

semester?

Was a large portion of that money spent



(Continued from Page 2) cheerleaders on the team, and they are there to give the team spirit also. They have to practice just as often as the girls, and they give the team just as much inspiration as the girls."

Mr. Monaco said, "On an average it takes two and a half weeks for a book to be received by the bookstore once the order is sent out."

If the books aren't received by the end of the two and a half week period usually an invoice is sent by the publisher saying that the book is out of stock, out of print or when delivery may be expected.

The store manager gave as an example an invoice that arrived on January 20, from publisher Holt, Rhinehart, Winston, The invoice stated that on January 3 they received an order for fifty books from the college store, the book was temporarily out of stock and delivery could be made Feb. 21, 1977. That is three weeks after classes start.

Mr. Monaco said, while looking at other stock invoices, that he would notify the department involved and that this was not an isolated case.

Notifying the department is just part of the problem because now he has to wait for

Mr. Monaco, who has worked twenty years at the bookstore, mentioned that the problem of receiving book orders late is not new. He said it has gotten worse in the last ten years as the college has expanded its faculty and class sections.

It was really bad last year because of budget cuts. Departments did not get their budgets until late and as a result their book orders were late. The departments did not know how many sections they would have and who was teaching them, he said.

Mr. Monaco also related that he would like to serve the students better but is unable to at the moment.

The future is uncertain for the bookstore since when Finley is torn down he does not know where the new bookstore will be. Ideally it should be at the North Academic Complex where student groups will be centered and a new cafeteria built. The location will be convenient for students, he said.

on books for one class?

Here's a way to save money:

Bring your books to room 331 Finley Center and exchange them for other used books.

If you have an expensive used book, we will negotiate an adequate exchange

OR

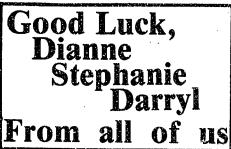
sell your book at a better price than the bookstore offers

PAY LESS FOR USED BOOKS

The exchange begins on Thursday, Jan. 27 in Finley 331

For more information call 690-8175/6 ask for Maxine Horne Sponsored by the Day Student Senate.

Basically the cheerleading team is a very dedicated group. The problems which exist are somewhat severe with the budget cuts that prevent them from contributing as much to the basketball team as they would like; and the failure of people to recognize and understand their importance to the basketball team. In the meantime, the cheerleaders will continue to do their best for the school team.



•

CHILDHOOD

perhaps while leaning against evening walls or watching my thoughts prowl the tops of mountains fifty miles away, my childhood upcoils beneath me making tiny sounds like tunefork debris, swimming around in my coffee the following morning.

my childhood swells beneath the ground or on walls of buildings making the space before me scarcely visible. my childhood like black nectar dripping from a spout almost motionless.

my childhood of elementary school, of living in a dream of fawn and squirrels' games. of molding within me my own clay from church murals. of being awed by strange toys called "cuss words".

my childhood of shapeless joy and hurt, of silly poetry and unimportant love, of a death noiseless and life seldom considered.

my childhood fastened and frozen in each eye.

Ken La'mar Jones





Love shoots up out the soil like a sunburst flower,

Or becomes a cricket, tap dancing atop a telephone wire, lending rhythm to busy signals.

Then grows hummingbird



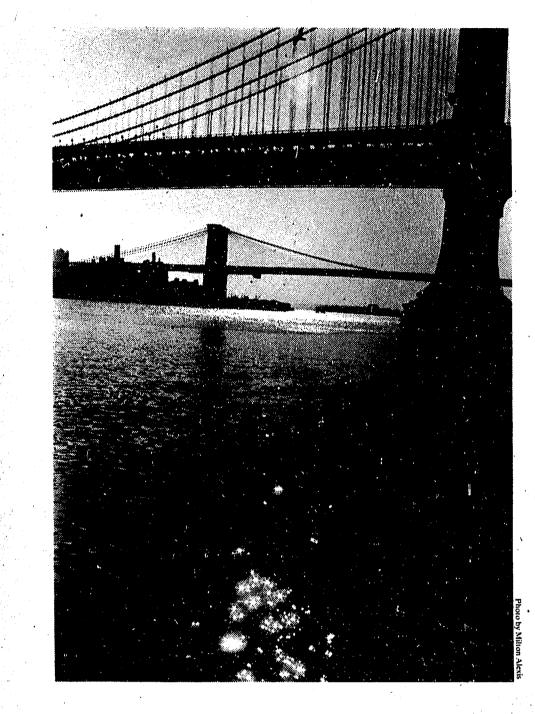
wings and runs races with bumblebees,

Finds sweet honey, and savors it like the bear,

Knows winter is coming, and saves it like the bear.

Kenneth D. Williams

1



OBSCURE

Last night

- l watched a black woman, wrapped in poverty
- Squirming hysterically to free herself from restraining hands;
- Fire dancing, exuberantly upon the back of the cringing posture of her home in flames her children lay trapped inside.
- And then when abruptly she became still, I watched the dark communion between the woman and the flame:
- Her spellbound upward gaze, as still as death, and the reciprocal beam of the flames hunched like a menacing feline upon the dead corpse of her home.

This morning

The Shaven & Sharp-featured chin of the dawn rest casually by my window. The armpits of the dawn are the eyes of the unborn, yet born. It's nostrils breathe the tons of jaded statues and worn books of civilizations.

The casual simplicity of daybreak ripples at the self-reflected pond of my brain. And somewhere a black woman contrives a world less similar than her own.

Ken La'mar Jones

In Motion

mi—gra—cion

They think migration severe They think of return with tears

> their people can't see and they can't understand what living with their poor brother is—

Their bread, and what they said about this place

When they came with empty pockets and return with empty pockets

I lay waiting to suck your soul in with the breath of my patience ... now in heat. Psalms of my need for you will roll out on my tongue at the flick of my passion. And I will hold you accounted for my furious, celestial and erotic pleasures ... all the hours of our union. Amen

Jennifer Marie Nunes

. . . and english tongue that can't pronounce the love of their people with the love of their small achievements

Maybe it was a mistake Columbus and his drunk spanish exploring dogs roaming the seas like macho fisherman seducing villages, Indians with some hot tongue and wine

They fooled themselves in the end

PUERTO RICO BELONGS TO NEW YORK...

esteban narvilas



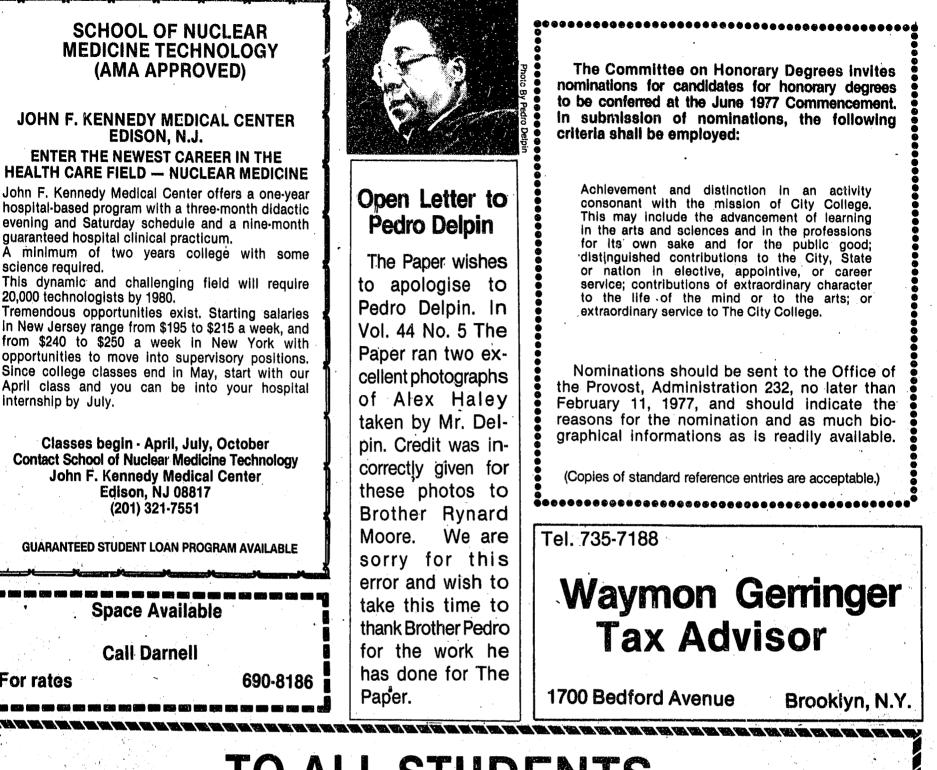
N.Y., N.Y. 10031	it is to program. An SR-56 has 100 steps. Six logical decision functions. Four levels of subroutines. Dec- rement and skip on zero. Compare a test register with the display to make a conditional branch. And this is just the beginning. Think about it Can you really attend to the second state of the second
100% Rag Water Color Paper	Think about it. Can you really afford to put off get- ting your SR-56, now?
300 lb. 23x31 2.95 246 lb. 27x60 2.95 133 lb. 27x40 1.50 Winsor Newton Series 7 Grumbacher Sable Brushes 40% off	Texas instruments will rebate \$10.00 of your original SR-56 purchase price when you: (1) return this completed coupon including serial number (2) along with your completed SR-56 customer information caid (packed in box) and (3) a dated copy of proof of your purchase, verifying purchase between Jan. 1 and March 31, 1977. Electrical Engineering. Statistics. Math. Finance. Choose any two and (1) return this completed coupon including serial number (2) along with your of proof of your purchase, verifying purchase between Jan. 1 and March 31, 1977. SR-56 Rebate Offer P. 0. Box 1210 Richardson, Texas 75080
Replicegreph & 7.6. points 2.40 Recto No.11 Blades per 160. 6.60 Whatman Handmade Linen paper	Name
Joseph Torch 29 W. 15 St. 243-3534	Offer void where prohibiled by law. Good in Continental U.S. only. Suggested retail price, © 1977 Texas Instruments Incorporated TEXAS INSTRUMENTS INCORPORATED 55581

January 25, 1977

science required.

internship by July.

or rates



TO ALL STUDENTS

A Registration Guidance Program will be held in Shepard Room 109 Jan 24 — Jan 27 for those INCOMING, **TRANSFER and Other Students who** need information on:

1. Program Planning 2. Tuition Deferment **3. Power of Attorney** 4. Core Requirements **5. Proficiency Exams**

6. Exemption Exams 7. Departmental Requirements 8. Book Loans 9. Two Year Test 10. ID Card 11. BEOG, TAP, etc.

> Spons. by Day Student Senate Finley 331, 690-8175/6

Pink Panther Strikes Again

by Ken La'mar Jones

Page 8

- . 1

The Pink Panther Strikes Again, fourth of the famed Pink Panther series created by Blake Edwards, is a delightful and zany farce which will have rib cages sore from laughter.

In the previous Pink Panther movie, The Return of the Pink Panther, we had Chief Inspector Dreyfus of Scotland Yard, played by Herbert Lom, nearly driven to complete insanity by the clumsy antics of Inspector Clouseau, a daffy French flatfoot played by Peter Sellers. Now, in The Pink Panther Strikes Again, Inspector Dreyfus seeks revenge by threatening global destruction with his dooms-day machine if Clouseau isn't either killed or brought to him for personal execution.

The laughs and gags are plenty in this wild and zany cloak & dagger comedy. It isn't hard to image the bumbling Inspector Clousequ tripping over an insect while it crawls across the floor, or perhaps getting his fingers tangled in his own hair while scratching. He stumbles down stairs, tussels with elevator doors and even traps himself in suits of armor.

His clever and ingenious disguises nevertheless prove to have a bug in them. (In one scene, Clouseau takes from his instant coffee-like make-up kit a hunchback disguise, whose helium-inflated hump sends him rising



Peter Sellers in a scene from The Pink Panther Strikes Again

aloft.

Perhaps most humorously refreshing is a martial arts battle between Clouseau and his Chinese cook, Cato, played by Burt Kwouk. Returning home from a hard day of fending off assassins and the pinpoint accuracy of their near-misses, Clouseau is startled by his pouncing cook and the apartment is nearly wrecked by their karate chopping confrontation.

One can't help but entertain the thoughts of

A CONTRACTOR CONTRACTOR

this scene being quite similar to the playful little jostling between a master and his frisky canine companion, who is quite overexuberant to see the boss after his long absence from home. A ringing telephone, right in the middle of the battle, turns out to be a station break.

The Pink Panther Strikes Again is quite an enjoyable film. Watching assassins from all over the world with their murder weapons failing all the time is indeed hilarious.

Third World Music Club

by Carmen A. Bell

The curriculum offered by many of the departments at City College does not always include the things we, as students, feel are pertinent to us. The Third World Music Club is a product of this sentiment. The idea for the club to its President, Bill Jones, in the Spring of 1975. It wasn't until March of 1976, however, that the organization had its constitution approved and accepted.

The club has since expanded to a membership of some seventy people. African and Calypso Dance Workshops, impromptu percussion jam sessions and a Christmas party are just a few of the activities that the club has sponsored. All of their meetings are open to the general public and members are invited to participate for the mutual benefit of all concerned.



reason is that the college is located in the Harlem community. According to Mr. Jones, there is a bond between the college and the community in which it is located therefore organizations must be a reflection of that bond. "There are many talented persons living in Harlem who do not receive the recognition that they deserve and the same problem exists for the students of City College," he said.

One of the main purposes of the group is to provide a forum for free and uninhibited expression for its members and other interested persons. The club exists primarily for cultural purposes but discussions may include other topics reflecting the diversity of the club and its membership.

Honey In Your Diet

by Jennifer Nunes

The use of honey is as old as human existence. Honey, a natural refined food, is the only unmanufactured sweet available in commercial quantities.

Approximately seventy-five per cent of its composition is sugar. Honey has a unique energy producing value second to few foods.

"It has been clinically demonstrated that little digestion is necessary and that absorption takes place quickly," says a nutritionist.

The sugars in honey are primarily monosaccharides; that is they require no digestive change before they can be absorbed.

Honey, according to several pediatricians and nutritionists, is suitable for infant feeding and is good for growing children." Honey, would seem to have to have a definite beneficial influence upon the retention of calcium by young infants."

Needless to say, honey plays a very important part in the nutrition/medicinal plan. When children or adults have colds mothers or relatives literally put them on a honey diet. Here are a few cold remedy recipes.

Honey Cold Medicine

1/4 cup honey 1 large lime/lemon juiced

1/4 cup white rum

Method: Mix thoroughly and spoon feed until it finishes.

Honey Cough Medicine

3/4 cup honey

med onion, diced

3 cloves garlic, crushed 1 cup water

Method: Boil all of the above for about 10 minutes, cool and feed in teaspoon doses for as long as it lasts.

Here is a simple honey cake recipe.

Honey Ginger Cake

The question may well be asked why the Third World Music Club is needed. One

Bill Jones, President Third World Music Club

Nick Chavarria is the Vice President; Lael Henderson, the Secretary; Steve Cahn, the Treasurer; and Professor Henrietta Yurchenco is the Faculty Advisor. Interested persons should contact Prof. Yurchenco in the Music Department.

Let The World In On Your Creativity

Join The Paper Finley Rm. 337 690-8186

21/2 cups flour 1 tsp baking soda 1/2 tsp baking powder 1 tsp salt 1 tsp ground ginger 1 tsp cinnamon 1/2 cup melted butter 1/2 cup brown sugar 1 egg 1 cup honey 1 cup buttermilk

Method: Mix flour, baking soda, baking powder, salt and spices together. In a separate bowl, mix butter and sugar together until light and fluffy. Add egg and beat thoroughly. Add honey and blend. Finally, add dry ingredients and butternilk to mixture and beat until mixture is smooth. Pour mixture into two well greased 9-inch layer cake pans. Bake in a 350 degree oven for 30 minutes or until done.

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